

# Counseling for Weight Loss

Weight loss is an important issue to many Americans. The struggle to keep a healthy weight and active lifestyle is common among busy people. Oftentimes, the struggle is due to a lack of support that the person receives while undertaking a program in personal improvement.

A study published in March in the Journal of the American Medical Association speaks of this and the importance of proper emotional support needed by people in weight loss programs.

Published by the Duke University Medical Center, over 1000 participants participated in a weight loss program. The group was followed over a period of two years in terms of how they maintained their weight loss.

Although at the end of the study, almost all participants gained some weight back, those who obtained personal counseling gained back the least amount of weight, followed by a second group of those who received internet-based support. A third group was given only basic information on how to maintain weight loss, and this group gained back the most amount of weight.

This study speaks to the importance of receiving appropriate emotional support when going through major life changes such as committing to a weight loss program.

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## GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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